



MyPyramid PodCasts

MyPyramid Podcast #11: Have a Safe Picnic

Brian Wansink: Nooooo! Whoa! That was close. That food's been sitting out all day. Hi. I'm Dr. Brian Wansink, the Executive Director for USDA's Center for Nutrition Policy and Promotion. Summer's a great time to enjoy a picnic, enjoy the sun, fresh air, and food. There are some easy ways to keep your food safe to eat.

When you're packing your picnic, make sure you separate your cooked food from your non-perishable food. Keep cold food cold by using ice packs or frozen drinks. It's important to put prepared food and leftovers into a cooler as soon as possible. As soon as you're through eating it, put it away. Here's one way an innocent summer picnic can go terribly wrong...

In the direct sun, temperatures can be a lot hotter than it seems. So bring along plenty of ice. Keep the cooler shaded, or covered with a blanket. You don't want to be the one who gets sick, or causes other people to get sick. Keep perishable foods cold and out of the sun. Keep the cooler closed and covered. Use cold packs and a thermometer to keep foods at the right temperature. Throw out food that's been sitting out — even if it looks and smells ok. These tips are important to keep in mind year-round, but especially when it's hot outside.

For more food safety ideas, go to the USDA's Food Safety Inspection Service website, or visit us at MyPyramid.gov.

So have fun in the sun, but keep your food out of it.

